

High Maternal Weight Gain (AK 14-USDA 133)

Explain to Participant

You're enrolled in the WIC program today because you have been gaining too much weight during this pregnancy. The more weight you gain the greater the chances of delivering a large baby. This can lead to a very long labor, to your health care provider having to use forceps, do a C-section and other complications. Women with extremely high weight gains during pregnancy may be at greater risks of obesity and other chronic diseases.

Goal

The goal is to help you gain the recommended pregnancy weight gain, and to encourage you to choose foods of high nutritional quality, specially those high in folic acid in order to prevent neural tube defects.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy and the baby's growth.
Explain the nutrition education material suggested.
Eat a variety of foods from all the food groups every day.
Choose fruits, vegetables, whole grains and low fat dairy foods.
Take prenatal vitamins every day.
Ask your health care provider about exercise.
Drink 8 glasses of water every day.

Nutrition Education
Material Suggested

Foundation for Fitness...for Your Special Delivery (Available in Spanish)

Explain Applicable WIC Foods

WIC Foods

Nutrients Provided

Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Eating for Two-Nutrition During Pregnancy (Available in Spanish)